

Ginny's Cauliflower and Pea Salad

A nice hearty salad, great with any meal or by itself for lunch. Serve immediately or chill and serve later.

Recipe by Debra Hudson | Created on **Nov 17, 2021**

Ingredients

- 1 large head cauliflower, broken into small florets
- 1 (10 ounce) package frozen peas, thawed
- 1 small onion, chopped
- 2 stalks celery, chopped
- ¼ cup bacon bits
- ½ cup grated Parmesan cheese
- 1 cup shredded reduced-fat Cheddar cheese
- 1 cup light mayonnaise
- 1 (8 ounce) container reduced fat sour cream
- 1 tablespoon prepared mustard
- 2 tablespoons granular no-calorie sucralose sweetener (such as Splenda®)
- 2 tablespoons distilled white vinegar
- 1 teaspoon seasoned salt (such as LAWRY'S®)

Directions

- In a large bowl, toss together the cauliflower, peas, onion, and celery. Mix in bacon bits, Parmesan cheese, and Cheddar cheese.
- Mix the mayonnaise, sour cream, mustard, sweetener, vinegar, and seasoned salt in a separate bowl. Pour over the vegetables, and mix well.

Nutrition Facts

Serving: **12 servings** | Calories: **107.4 kcal** | Carbohydrates: **9 g** | Protein: **8.3 g** | Saturated fat: **2.7 g** | Cholesterol: **14.2 mg** | Sodium: **343.4 mg** | Fiber: **3 g** | Sugar: **3.4 g**

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